



NEWSLETTER

SOUTH DAKOTA DEPARTMENT OF VETERANS AFFAIRS

SOUTH DAKOTA DEPARTMENT OF THE MILITARY



WEAR RED FRIDAY AT THE SD STATE FAIR

This year's South Dakota State Fair will be held September 1-5 in Huron; with Veterans Day at the Fair on Thursday, September 1. All veterans get free admission that day. The Veterans Day at the Fair program will be held on the Northwestern Energy Freedom Stage at the Fair Grounds at 10:30 am.

New to this year's Fair is "Wear Red Friday" on September 2. Fair attendees are encouraged to wear red shirts in support of our troops deployed. At 1:45 pm (CT) all attendees wearing red will be asked to assemble at the Freedom Stage for a group photo that will be sent to our deployed troops.

Attendees are also encouraged to stop by the Prostrullo Motors Building (Midway Avenue and 2nd Street) during the week and sign "thank you" signs for the troops. These will be sent to the troops with the photo.



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TRAUMA SURVIVORS ENCOURAGED TO SELF-SCREEN FOR PTSD

Veterans, service members and civilians are encouraged to take a [50-second self-screen](#), June 27, on [PTSD Screening Day](#) for posttraumatic stress disorder.

The short, five-question screen can be answered alone, with a friend, family member, or health care provider.

PTSD Screening Day is an opportunity to encourage self-screens and discussion of results with health care providers. Many who suffer from PTSD may be unaware of their symptoms or reluctant to get care due to mental health stigmas. Only a trained provider can diagnose PTSD.

“Taking the self-screen is the first step to recovery; results can help veterans learn if their feelings and behaviors are related to PTSD,” said Executive Director of the National Center for PTSD Paula Schnurr, Ph.D. “The message we want to share is one of hope. PTSD is treatable and is a normal response to trauma, not a sign of weakness. If you have PTSD, you can get help.”

PTSD is a mental health problem some develop after experiencing or witnessing a life-threatening event, like combat, a natural disaster, car accident, or sexual assault. Regardless of the trauma or when it was experienced, the VA offers [PTSD treatments and other services](#) to support veterans who have experienced trauma or are experiencing symptoms of PTSD.

A veteran may have PTSD if they [answer](#) “yes” to three or more questions on the self-screen. The next step is to schedule an appointment to speak with a health care provider. Everyone, regardless of their answers, can reach out to a health care provider if they feel bothered or negatively affected by their symptoms. Veterans and others who have experienced trauma or who have PTSD can learn more about the [National Center for PTSD](#) and its efforts to enhance care for veterans.

PTSD SCREENING DAY: JUNE 27



WHY TAKE A SELF-SCREEN?

Taking a PTSD self-screen can help you learn if your feelings and behaviors are related to PTSD. Things that bother you now or keep you from doing things you want or need to do could be related to a trauma in your past. You're not alone, and there are PTSD treatments that work. So, why wait?

June 27th is PTSD Screening Day. It's a day we mark to spread the word about self-screening. That said, you can take the screen *any time*. The goal is to help you get the treatment you deserve. If you are concerned about someone else, you can share the PTSD self-screen with them.

Answer Five Questions

The first step is to find out if PTSD could be the issue. A self-screen is a few yes-or-no questions that ask about how you've been feeling in the past month, no matter when your trauma happened.

Is Your Score Three or More?

After you complete the self-screen, you will get a score (of 0-5). This score is not a diagnosis. Your score will help a trained provider talk with you about next steps. If you score three or more, it's likely you have PTSD. If you score less than two or less, it's not likely you have PTSD. No matter what your score, if you are having a hard time after a trauma, a health care provider can help you understand and take care of your mental and physical health.

Talk to a Health Care Provider

If you think you have PTSD, taking the self-screen is a first step to recovery. The self-screen results are not a substitute for a medical diagnosis and care. Get immediate help by phone: 1-800-273-8255. If you are a Veteran, press 1. You can also text 838255 or [chat](#).

If you're thinking about harming yourself, or would like emotional support, help is available 24/7: [Veterans Crisis Line](#) or the [National Suicide Prevention Lifeline](#).



Answer 5 questions



Is your score 3 or more?



Talk to a provider

PTSD Self-Screen





Are you looking for a once-in-a-lifetime
VOLUNTEER OPPORTUNITY?

The Sioux Falls VA Health Care System
is proud to host the 36th



NATIONAL
VETERANS
GOLDEN AGE GAMES

July 18-23, 2022

An Olympic-style experience for our Veterans 55 years and older.

This is a unique opportunity to support Veterans!



Questions? Email NVGAGVolunteers@va.gov

WWW.VETERANS GOLDEN AGE GAMES.VA.GOV



SPORTS4VETS

#GoldenAgeGames

SDDVA OUTREACH EVENTS

Last Thursday, SDDVA and the Hughes County Veterans Service office staff participated in the VABHHCS open house at the Pierre CBOC. Janet Beck, Sheila Carpenter, Kevin Swanson and Jeri Smith were on hand to visit with veterans and their families about the benefits and services provided. The event also featured refreshments, tours, and a chance for attendees to meet CBOC staff.

This past weekend, SDDVA Deputy Secretary Pollard addressed the members at the American Legion Department of South Dakota state convention in Watertown. Pollard updated the members on the Michael J.

Fitzmaurice State Veterans Home, the South Dakota Veterans Cemetery, the 2022 legislative session, the AIRS Commission, veterans benefits, and the Fallen Hero Bridge dedications.

He thanked the members for their continued support of SDDVA and our mission, their support for Midwest Honor Flight, and their commitment and dedication for our veterans and their families.



UPCOMING EVENTS

- Jun 25—PFC Farlee Frederick and SGT Richard Maynard Bridge Dedications—Pioneer Hall—Dupree—10:30 am (MT)
- Jun 29-Jul 4—Parkston's Celebration of Freedom—City Park—Parkston
- Jun 30—Veterans Community Project Groundbreaking (376 N. Willow Avenue)—Sioux Falls—11:30 am (CT)
- Jul 1—Cpl John Hutchison Bridge Dedication—Casey Tibbs Rodeo Center—Fort Pierre—10:30 am (CT)
- Jul 4—Independence Day
- Jul 9—Sioux Falls Canaries Military Night
- Jul 11—BHNC Unaccompanied Veterans Memorial Service—(20901 Pleasant Valley Dr)—Sturgis—9:00 am (MT)
- Jul 16—PFC David Gatton Bridge Dedication—Capitol Lake Visitors Center—Pierre—1:00 pm (CT)
- Jul 18-23—National Veterans Golden Age Games—Sioux Falls
- Jul 20—SD Veterans Council Meeting—Watertown—9:00 am (CT)
- Aug 6-9—DAV National Convention—Orlando, FL
- Aug 6—SSG Dan Cuka Fallen Hero Bridge Dedication—Yankton High School—1:00 pm (CT)
- Aug 13—James Haider Bridge Dedication—BG Ernie Edwards Readiness Center—Watertown—10:30 am (CT)
- Aug 14-19—Military Order of the Purple Heart National Convention—Rapid City
- Aug 15-17—SDDVA Annual CTVSO Benefit School—Ramkota—Pierre
- Aug 18-23—USS Iowa Veterans Association Reunion—Ramkota Hotel and Conference Center—Rapid City

UPCOMING EVENTS

Aug 20—PVT August Otto Bridge Dedication—Claire City Community Hall—11:00 am (CT)
Aug 22—The Barrel House Day of Giving fundraiser for Midwest Honor Flight—Sioux Falls
Aug 27—Midwest Honor Flight Mission 11 Welcome Home Ceremony—Sioux Falls Convention Center Arena—
9:30 pm (CT)
Sep 1—Veterans Day at the South Dakota State Fair—Huron
Sep 2—RED Day at the State Fair—Group Photo at the Freedom Stage in Huron at 1:45 pm (CT)
Sep 1-5—South Dakota State Fair—Huron
Sep 3—727th/DAV Poker Run—Swiftel Center (824 32nd Avenue)—Brookings—10:00 am (CT)
Sep 5—Labor Day
Sep 10—Midwest Honor Flight Mission 12 Welcome Home Ceremony—Sioux Falls Convention Center Arena—
9:30 pm (CT)
Sep 10—Heroes Helping with Horsepower Military Appreciation Event—W. Main Street—Ethan—Festivities begin
at 8:00 am (CT)
Sep 14-17—Black Hills Veterans March
Sep 17—CPL Martin Fluegel Bridge Dedication—McCook Central High School—Salem—1:00 pm (CT)
Oct 1—PVT Frederic Schroeder Bridge Dedication—VFW—Madison—1:00 pm (CT)
Oct 1—Midwest Honor Flight Mission 13 Welcome Home Ceremony—Sioux Falls Convention Center Arena—
9:30 pm (CT)
Oct 3—BHNC Unaccompanied Veterans Memorial Service—(20901 Pleasant Valley Dr)—Sturgis—9:00 am (MT)
Oct 10—Native American Day
Oct 15—Midwest Honor Flight Fifth Annual Hangar Dance—SD Military Heritage Alliance—(1600 W. Russell
Street)—Sioux Falls—7:00 pm (CT)
Oct 21—PVA Dueling Pianos Fundraiser—SD Military Heritage Alliance—(1600 W. Russell Street)—Sioux Falls—
7:00 pm (CT)
Nov 5—We've Got Your Six Veterans Appreciation Fair—Sturgis Community Center—(1401 Lazelle Street)—
Sturgis—11:00 am—2:00 pm (MT)
Nov 11—Veterans Day
Nov 11—Capt Tommy Callies Bridge Dedication—Howard High School—9:30 am (CT)
Nov 11—S2 Wayne Bridge Bridge Dedication—Wagner High School—2:00 pm (CT)
Nov 24—Thanksgiving Day
Dec 6—Governor's Budget Address
Dec 17—Wreaths Across America Wreath Laying Ceremony at South Dakota Veterans Cemetery—Sioux Falls—
11:00 am (CT)
Dec 25—Christmas
Jan 10—Governor's State of the State Address

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